

Editorial**The heartwarming story of a girl and her dog:**

How pets can teach us priceless lessons and change our perspectives on life and love.

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Gull Life**A lost art?**

A breakdown of how traditional and internet-based radio fares on SU's campus.

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**Sports****Insanity continues at SU**

Students tough it out as they take on the weekly Insanity workout at Maggs gym.

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THE FLYER

Salisbury University's student voice

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Freshmen retention rates continue to climb

BY MOLLY FELDMAN
Staff Writer

First impressions are very important and incoming college freshmen want to have a great first impression of their new surroundings. A bad impression could easily sway a student from returning for their sophomore year.

Many colleges and universities create programs to help make the first year college experiences more enjoyable. Creating opportune social interactions and regular meetings with academic advisors really help to ease the transition.

According to a national survey by ACT, all survey respondents identified freshmen seminars, advising interventions and comprehensive learning assistance as just a few "campus retention practices that had the greatest impact on student retention."

Salisbury University President Janet Dudley-Eshbach, addressed the university's retention rates at her President's Office Hours held Tuesday, Sept. 18.

"Our retention rates are less than any other institutions," Dudley-Eshbach said.

SU's retention rates have increased since 2002. SU's entering fall freshman class of 2002 had a retention rate of 79.8 percent and in 2009 had a retention rate of 81 percent. According to a survey conducted by U.S. News in 2010, 137 of the surveyed colleges had a retention rate of 90 percent.

With an increase in incoming freshmen every year, SU's retention rates continue to climb.

However, Dudley-Eshbach said that improving the sophomore experience for students was something that needed to be worked on, and SU offers many programs to help ease first year students into the collegiate world.

SU's Center for Student Achievement (CSA) looks to help students reach their full academic potential. With tutoring and workshops readily available, students have access to help all semester long.

The CSA is also given notice of students who have received a 'D' or lower in their mid-semester reporting and make sure to offer additional help to get those students back on track. Between the University Writing Center and the Math Tutoring Lab, students are given many opportunities to succeed academically.

But student social interactions, or lack thereof, also have a large impact on student retention. SU offers several different social experiences that use a mutual interest to connect students.

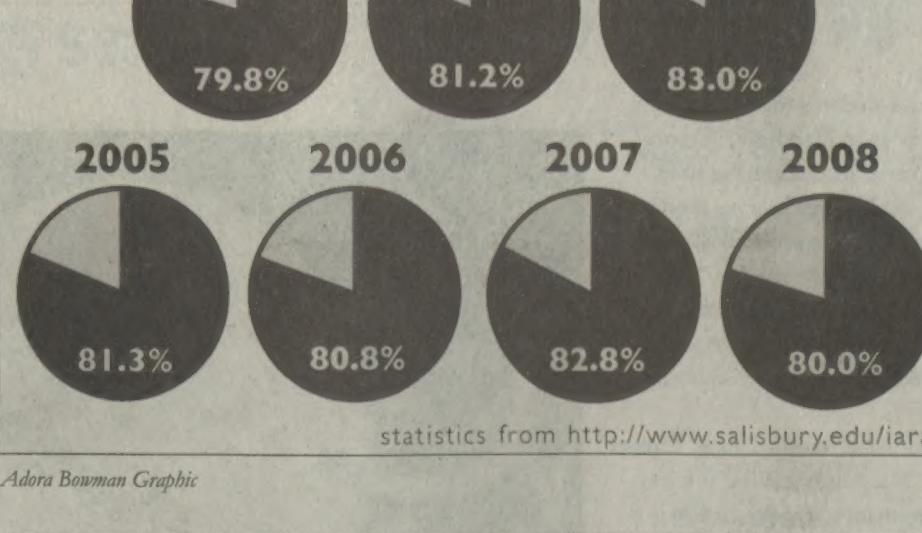
According to the SU website, Powerful Connections is "an intercultural orientation program for students of color." The program connects students with upper-

Full-time First-time Students Retained 2-year Retention Rate

entering Fall 2009



1033 out of 1276 students returned their second year



See **FRESHMEN** on Pg. 2
Adora Bowman Graphic

Dream Act could allow in-state tuition prices for immigrant Maryland teens

BY MAYRA MELENDEZ
Staff Writer

It is one of the most disheartening feelings in the world. Just ask student Veronica Martinez how it felt when a school aid told her, "You shouldn't even try applying to college, there's just no chance they're going to let you in."

"It felt horrible," Martinez said. "I just felt crushed. There's no way to explain it."

Martinez's situation is that of many students in Maryland. They apply to a Maryland college and realize they are not going to be able to attend due to being charged out-of-state tuition. The reason for this is that they are undocumented.

Americans constantly emphasize the importance of education and the American Dream; yet this dream is not attainable to all. It is not reachable to those Maryland students who graduated high school at the top of their class with honors and are not able to pursue their dreams of an education due to their legal status. There is something being done to help these students, and Maryland voters are going to have a hand in doing so.

The Maryland Dream Act is a bill that will allow undocumented students to pay in-state tuition at Maryland public col-

See **DREAM ACT** on Pg. 2

Cancer Prevention Study-3 gains support from SU and community



Ashley Sisselman photo

Peninsula Regional Medical Center President & CEO Peggy Naleppa, SU President Janet Dudley-Eshbach and District 38 Senator James Mathias before the CPS-3 kickoff event in Holloway Hall on Wednesday, Sept. 26.

BY SARAH KRAUSS
News Editor

One in three women and one in two men will be diagnosed with cancer during their lifetime, according to the American Cancer Society.

The American Cancer Society is recruiting 300,000 men and women between the ages of 30 and 65 to participate in the National Cancer Prevention Study-3 to understand the next generation of cancer and work toward prevention and a cure.

Renee Stephens, Lead Champion for the ACS, said that better screenings, treatment and early detection along with volunteers are essential to

See **CPS-3** on Pg. 2

the
su
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Professor travels to Iceland with Fulbright Scholarship Program

BY MARIAH WAUL

Staff Writer

Eugene Williams, biology professor at Salisbury University, is now among a list of 14 SU faculty members who have been recognized as Fulbright Scholars. For the 2012-2013 academic year, Williams will be studying the effects of Arctic fish in Iceland.

The Fulbright Scholar Program is a national competition in which a group of select students and faculty members get the opportunity to compete for merit-based scholarships, which can be used to conduct research and to study an area of interest while abroad.

In the competition, the United States' federal and state governments decide how many scholars will be supported that year to travel abroad. The last several years have shown a trend in the awarding of three scholarships, two of which are aimed at a specific discipline and the other is open to all disciplines. For the 2011 year, Williams applied for the fish biologist position and was awarded that position by the Fulbright Commission in Iceland.

"All of the stars lined up, and I am here," he said.

While in Iceland, Williams will be continuing the research he embarked on during his 2010 and 2011 study abroad trips, namely how the cell membranes of fish and other fauna will adapt to the effects of global warming on water temperatures in the region. The biology course for study abroad was focused in International Field Studies and included a two-week program in Iceland in which students were able to observe fish, birds and some invertebrates. Williams and his colleagues have made plans to revise the course in order to allow all students the opportunity to study in the region.

"Starting this summer, one course will be a non-laboratory, general education course, Biol-105: Biodiversity of Iceland. That course will have no prerequisites and will be open to all majors," Williams said. "The second course will be mainly for biology majors and some others like environmental studies majors."

Williams said that the experiences and data collected on the study abroad trips helped to develop the Fulbright proposal, which expands upon his academic specialties which include the biology of cell membranes, comparative animal physiology, and biochemical adap-

tation to the environment.

"After those trips we were clearer about what we could do and where we could do it," Williams said.

As well as being a professor of biology at SU, Williams is also Vice President for Affiliate Affairs at the Washington Academy of Sciences, a member of the Maryland Sea Grant College Academic Advisory Council and President of the SU chapter of Phi Kappa Phi, an all-discipline honors society founded in 1897.

Based in the country in which research will be conducted, many faculty members that apply for the Fulbright award are required to speak a secondary language in order to be eligible for the award.

"Fortunately for me, I'm Icelandic, almost all of them, are fluent in Icelandic, English and Danish. Many classes are taught in English," Williams said.

Having only English language proficiency, Williams has found himself in the unique position of being both an educator and a student while abroad.

"I am learning Icelandic, both formally in a class, and informally just by living here," Williams said. "It is a beautiful language that is a lot of fun to speak, but it is very difficult to learn."

Aside from the high level of academic merit and leadership capability that a scholar must demonstrate in order to receive the award, Williams said he attributes his award to good questions, good planning and good luck.



Submitted photo

CPS-3

Statistics from the American Cancer Society show that about 577,190 Americans are expected to die from Cancer in 2012.

stopping cancer at the Tri-County Kick Off on Sept. 26, at Salisbury University.

"People often ask, will my participation make a difference?" Stephens said. "Research (from) 50 years ago has made a difference. That is why I am a champion, and I urge all of you to be champions in this study."

The ACS is focusing on the effects of a generation that is sedentary for most of the day in Cancer Prevention Study-3. So far, 130,000 people have volunteered to participate from 34 states nationwide along with D.C. and Puerto Rico.

Senator James Mathias spoke of his personal fight against cancer, motivated by his wife, who passed from the disease. The Kathy Mathias Chemotherapy bill requires that insurance companies cover all cancer care costs equally, according to an article on WYPR News. Mathias said that the bill could potentially help 700,000 Marylanders with care costs.

"Someone's loved one from the lower shore will pass from cancer while we sit in this room this morning," Napella said. "Research is the foundation for the industry of how we learn to heal our populations."

Volunteers for the study must have not been diagnosed with cancer, except for basal or squamous cell skin carcinoma, provide waist measurements and small blood samples, and complete a comprehensive survey as well as a follow up survey every few years. Although most typical SU students may not be able to participate in the study, they can encourage friends, family members and professors to do so.

"We're going to continue to rally and find that cure," Mathias said. "It's here."

For more information on the CPS-3, visit cancer.org or cps3tri-county.org.

participate. SU President Janet Dudley-Eshbach said students can make a difference when it comes to supporting cancer research, as seen through the large contributions made to Relay for Life each spring. Dudley-Eshbach said she, like so many, has been affected by cancer, with a particularly sad memory being the passing of her cousin at 6 years old.

"It is so important we put our energy and resources into finding a cure," Dudley-Eshbach said. "That is why I am a champion, and I urge all of you to be champions in this study."

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Freshmen

class students of color who can help through peer mentoring. These peer mentors are there to help acclimate new students to college life.

Another one of SU's popular programs that helps to incorporate students into the culture of college life is the Living Learning Community (LLC). According to the SU website, "living learning communities are specialized living and learning options offered to first-year students with similar interests."

Students with a common interest in nursing, biology, art and many other concentrations live together and are given great opportunities to strive academically and socially.

Some LLC students have traveled to New York City to see a Broadway play and others were given the opportunity to kayak around Janes Island State Park. Besides social ventures, students in LLC are provided many amenities in their living space: Study rooms, pool tables and unique suite style living are just a few of the conveniences the program supplies for its students.

According to the SU website, research has shown that students who participate in LLC's earn higher grades, are more engaged in their academics and have a greater overall college experience.

SU provides ample opportunities for students to thrive in their new surroundings, but there will always be students who will not return.

Many reasons why students will not return for a second year are unavoidable. According to a study done by the University of Hawaii at Manoa, most students are not retained by the university due to health, financial situations or just a lack in motivation.

Kenly Khan, a journalism broadcasting major, said she left SU to pursue better opportunities for her future.

Dream Act

leges. The requirements state the student must have:

1) attended and graduated from a Maryland high school or obtained a GED

2) started high school in 2005 or after and received a diploma in the spring of 2008 or after,

3) the parents or guardians must have been paying taxes for at least three years, one of those years being while the student was still in high school,

4) must plan to attend college within three years of graduation,

5) first complete sixty credits at a community college before being able to transfer to a state school

6) provide an affidavit stating that he or she will file an application to become a permanent resident within thirty days after the student becomes eligible to do so.

Opponents of the bill say it will cost taxpayers money and attract more undocumented immigrants to Maryland. This is not true. The bill will not cost Maryland taxpayers money because Dreamers and their families contribute to Maryland's economy every day as taxpayers.

According to the Internal Revenue Service, undocumented immigrants contribute more in taxes than they consume in public benefits and are estimated to have contributed nearly \$50 billion in federal taxes between 1996 and 2003. The bill will not attract more undocumented immigrants to Maryland.

because students must prove they have been in Maryland for more than three years and must have graduated from a Maryland high school. Opponents have also called the Maryland Dream Act "free tuition." This is also not true. Undocumented students will not and do not receive any type of financial aid.

Compared to other states' Dream Acts, Maryland's has the strictest requirements. The legislation is a sensible and practical one.

These are students who want to contribute to this country.

Thomas Boudreau, a Salisbury University Conflict Analysis & Dispute Resolution professor, puts it simply.

"These are students who in no fault of their own find themselves in Maryland. They were brought over here as children. This (The Maryland Dream Act) is about equal opportunity. This is about educating the best minds by letting them go to college," Boudreau said. "We can't afford to throw away brains--this is about an investment of our future."

The Maryland Dream Act will appear as Referendum Question #4 in the November Ballot. It will be under Public Institutions of Higher Education- Tuition Rates.

Dream Act Forum: Thursday, Oct. 4 Wicomico Room 7 p.m.

WEDNESDAY, OCTOBER 3 4:30-7:30 p.m.

FEAST OF THE MOON FESTIVAL

BREAKING NEWS

WEB EXCLUSIVES

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Wednesday, October 3, 4:30-7:30 p.m.

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WITH A PERFORMANCE BY:

The Wong Chinese Lion Dancers (5-7 p.m.)

Dream Act Forum: Thursday, Oct. 4 Wicomico Room 7 p.m.

CPS-3

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Volume 41 Issue 5

EDITORIAL

October 2, 2012

Overheard: How do you feel about the Orioles going to the playoffs?

Photos by Alexandria Young



"Very exciting. I was at the game."

-Clara Shaller, Freshman



"It's incredible because I grew up around Baltimore and now they have a winning season."

-Evan Hockel, Grad student



"Big improvement since they haven't made it in a while."

-Casey Smith, Sophomore



"It's an exciting time to be a Baltimore sports fan."

-Michael Asero, Sophomore



"Even though I'm not a fan of the Orioles, I think it's pretty cool and I'm glad they made it."

-Lauren Webber, Junior

The Flyer

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Playing the dorm game

BY TYLER GRAY

Staff Writer



they're funny. We've all had those obnoxious people on our dorm floors that run around at two in the morning screaming bloody murder because they think

they're funny. We've all dealt with the cluster-mates that blast their music and bang on the wall, just in case you can't already hear them. These people might be your friends during the day, but at night they're your enemies. The resident director, your teachers and even your parents may say to report it and let older, more experienced people handle it. But I say never!

How long does it take your complaint to reach someone in a position high enough to resolve an issue? Two weeks? A month? We don't have time for that kind of nonsense. It's college time ladies and gentlemen, time to stand up for yourselves! It's time to take action!

Obviously, ignoring the problem won't make it go away. And telling them not to will only make them want to do it more. It's like hanging up a sign that

says "Do not sing in the stairwell." Before you know it, we'll have a choir practicing in there. Luckily, I have come up with a simple set of possible solutions to your problems.

First of all, you could try sabotage. If there are girls running into your cluster at night, block the door with all of the garbage from your room. They won't want to try and pass it and risk falling in the disgusting trash. You could also make fake signs and post them in the hallway claiming that continued disorder in the late hours of the night will result in "possible punishment and/or eviction from the dorm." Nobody likes those drunk girls; trust me ladies, let it cool.

You could also try outdoing the offender. If they are blasting some dub-step during study time, and they won't turn it down, make them know you are not to be messed with. Put in ear plugs and turn up the volume above bearable levels of sound and wait. Eventually they will lose their will and submit to your superiority. Once you've beaten at least five people on your floor at this game, you have the right to hang up a poster of a lion, symbolizing your king as king of the jungle.

If you're dealing with an issue that has happened recently, many "wise" adults will tell you to either talk it out or let it go. Now tell me Salisbury, where is the fun in that? It's an all-out war. The next thing

I'm going to teach you is revenge.

To keep it school-appropriate, I must condemn all inappropriate forms of trickery. But I can suggest a few clean alternatives. Your roommate has messed with the stuff on your desk? Duct tape all of his stuff to the wall. They left trash on your side of the room? Then stuff packing peanuts into their pillow. This really hits them at the core; right as they're about to lie down and drift into the world of dreams, they are rattled by the unfamiliar feel of Styrofoam on their heads. The satisfaction from ruining one of the most blissful moments of their day just can't be matched.

Keep it clean guys, but this is college. Don't go running to your resident assistant tattling on your friend and getting them in a ton of trouble. They could be having a dorm party and get an alcohol citation. Then who's the jerk? My point is that it's all in good fun.

Structure your pranks like a satire, proving your point but keeping it in good humor. Just remember these people are your friends and classmates, which gives you the right to get them twice as bad as anyone else. Oh, and don't tell the police I'm the one who gave you the idea if you go too far. That'd be what I call "uncool."

Explosions and wild improbability: Has CGI destroyed film industry?



BY ASHA AZARIAH-KRIBBS

Staff Writer

The last decade has seen some major improvements in computer-generated imagery.

Gone are the days of puppetry and clay modeling. Ill-disguised rubber bats suspended by string and the stiff-limbed movement of stop-motion dinosaurs are a thing of the past. Computers have allowed the realization of a whole new plane of visual imagination.

Yet is the film industry better for this change?

The obvious answer would seem to be that it has. The magical splendor of the "Harry Potter" films and the impressive thunder of the immensely popular "The Avengers" could never have been achieved before the 21st century. And yet despite the well-hidden artifice and breathtaking realism, the world of film has perhaps lost a critical part of its attraction: that element that made viewers long for a larger-than-life experience in the first place.

This failing is in concept or, more plainly, plot.

A favorite and frequently used example is that of the "Star Wars" franchise. The original characters are unforgettable, the storyline engaging and enjoyable. Yet though the prequels carry on and even improve the tradition of imagined

spacecraft and lush alien landscapes, they fail almost entirely in character development and storyline. The plot twists are predictable and uninteresting. The stereotypically portrayed Anakin Skywalker and Senator Amidala fail to win in three films what Luke Skywalker, Han Solo and Princess Leia achieved in one—the respect of the average viewer.

Associate English Professor Elsie Walker, who along with Johnson edits the journal "Literature/Film Quarterly," said she agrees that "the default position is that meaningful content gets sacrificed with the use of newer technology." She points to the classic musical "Singing in the Rain," which parodied the resistance to the transition from silent films to sound and suggests that "as the audience becomes used to the change, as in 3D, they are able to appreciate the advances."

Nonetheless, CGI itself should not be condemned for this flaw. If anything or anyone is to blame, it's the screenwriters. As Ronald Dotter of Salisbury University's English department observes, "Most films today are made for a very young cohort... and subtle acting all that is simply shiny, new and loud."

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Producers, directors and writers are wrong in assuming that eye-popping action is all the public requires. This may be one of the reasons why fewer people are buying theatre tickets than ever before, as critic Anthony Taormina notes in his September 2012 article, "Avengers" and "Dark Knight Rises" Couldn't Save the 2012 Summer Movie Box Office".

"Between the first weekend in May and Labor Day, "only 532 million tickets were sold—a tally that is 4 percent less than 2011," noting that "since 1993, when the tracking of tickets sold began, there hasn't been a number as low."

Letter to the Editor

Congresswoman Donna Edwards of Maryland's 4th Congressional District and Democratic write-in candidate John LaFerla of the 1st Congressional District will be among the speakers on Saturday, Oct. 6, from 1 to 3 p.m., at a rally for women's rights in Easton's Idewild Park.

The rally, sponsored by the Democratic Women's Club of Talbot County, will also hear from Bishop Charles Cephas of the Full Gospel Church of God in Hurlock, Dr. Mila Kofman of the Georgetown University Health Policy Institute, state Delegate Heather Mizeur of Takoma Park and Washington Times columnist Catherine Poe. This "Rally Against the War on Women" is the only Women for Obama event planned in Maryland during the presidential campaign.

"The point is to educate women about just what they have to lose in the upcoming election if Barack Obama is not re-elected," said Joyce Scharch, president of the club.

Rally organizers said that Republicans would have a radical effect on the lives of millions of American women. The Paul Ryan budget, which Republican presidential candidate Mitt Romney said he would sign if he had the chance, would fundamentally change Medicare and Medicaid, both of which disproportionately benefit women. Romney has promised to destroy Planned Parenthood, which provides a variety of health services to women. Ryan and Romney both support a

constitutional amendment to declare that a fertilized egg has all the rights of a person, which would ban all abortions and most common forms of birth control, and make a miscarriage a reason for a criminal investigation. The Republican platform vows to outlaw abortion with no exceptions for rape, incest or to save a mother's life.

Rep. Edwards is considered a rising star in national politics and is a frequent guest on TV news programs. She is known as a strong advocate for women's rights, including the Lily Ledbetter Act, which helps ensure that women are paid the same as men for doing the same work, and benefits such as insurance coverage for health screenings and contraceptives that are included in the Affordable Care Act.

Dr. LaFerla, an OB-GYN physician from Centreville, is running against incumbent Congressman Andy Harris. Harris voted against the Affordable Care Act and against other efforts that would benefit American women. Harris also opposes the Lily Ledbetter Act.

LaFerla said that recent Republican comments about "legitimate rape" and whether women can "shut down" the pregnancy process during rape are a "giant step backward and one more example of the Republican Party's War on Women." His write-in campaign is supported by the Maryland Democratic Party.

~Jane Bailey

What to watch for in the presidential debates



BY STEVEN CENNNAME

Editorial Editor

repeal all of Obama's health care reform. It will be interesting to see which of these two different positions Romney will embrace during the debates.

2. Where do the candidates stand on college loans and financial aid?

The first presidential debate between President Obama and Governor Romney is on Wednesday, Oct. 3, and it will be the first of three (not including the vice presidential debate) that will lead up to the finale of this long election season on Nov. 6.

Although polls have shown that only about 5 percent of the electorate is undecided, these debates are still seen by Obama's campaign as the opportunity to seal the deal to victory, while Romney's campaign sees them as a much-needed opportunity for a comeback.

College students' support is a valuable asset sought by both campaigns. Here are three things that may be included in the debates that undecided (or even decided) college voters should listen for:

1: College students and Obamacare: Will the ability to stay on our parents' health plans until age 26 be preserved?

Obviously, President Obama strongly supports the Patient Protection and Affordable Care Act and, while admitting it can be improved, has made it a campaign point to defend the part of the law that allows children to stay on their parents' health care plan until age 26. Governor Romney, on the other hand, has flip-flopped on this issue.

Even though the president's health care bill is based on Romney's health care bill in Massachusetts, Romney has said repeatedly that he plans to repeal Obama's entire health care bill. However, on "Meet the Press" a few weeks ago, Romney reversed his position saying that he plans to keep some parts of health care reform, including the age 26 provision. Then, hours later, Romney's campaign sent out a memo claiming that the candidate's position is to

PARTY GIRL PROBLEMS

BY ABIGAIL COLBY

Party Girl Problems Columnist

1. Take a beer bong.

I know they're intimidating and often times messy, and for you girls, it's safe to say there's nothing less flattering than chugging a foamy brew through a plastic tube, half of which will most likely end up on your dress. But you've got to take the plunge at least once, or the chug rather, because college really is the only time it will be even mildly acceptable to execute a beer bong and keep some shred of dignity. The pain only lasts for about ten seconds, and the glory will last a lifetime.

2. Visit one of your professors during their office hours.

Look, most professors don't love the fact that they're required to sit in their offices for an extended period of time when they could be out and about running errands and having highly intellectual conversations with their colleagues. So stop in to say hello. Even if it's just for clarification on a topic you already have a solid handle on, or you guys just bro out for 10 minutes, the distraction may be more appreciated than you realize. Even better approach? Have an interesting article on hand based on their topic of study (so probably not this one), and you'll end up a step ahead of the class and have an advantage that might help out your grades down the road.

3. Go full force to a theme party.

Ask any recent graduate about the bar scene as a young professional, and most will tell you it's a lot more expensive and a lot less wild. And while a bar full of well-dressed people discussing work, politics and their mortgage over 10 dol-

Four things that a student must do as an Undergraduate

lar vodka tonics may seem truly intriguing to you one day, now is the time to roll around dressed as a redneck or 80s girl without catching too many looks of confusion and horror. Or even better, throw your own party! It's hard to take yourself or anyone else seriously at one of these, and it's even harder to have a bad time.

4. Order Natty on draft.

Nothing says College Night like walking around slogging the world's finest beer out of your cup while making the rounds. While this drink may scream sophistication to you now, there is a very limited time frame where you can chug Natural Light and still manage to snag a decent chick and forego looks of judgment from other bar guests. But be aware that you might have a tough time getting a bartender to give you a second glance after your first one, as you're almost certain to be labeled a cheap tipper (if you remember to leave one at all). Better double up on the first round.

THE ADVENTURES OF SHIRLEY HOLMES

Puzzling Reflections

Featuring Claire DuVer and I. P. Laurey

DuVer: I. P., there you are! Pop quiz—

what do you think? Is the supernatural real?

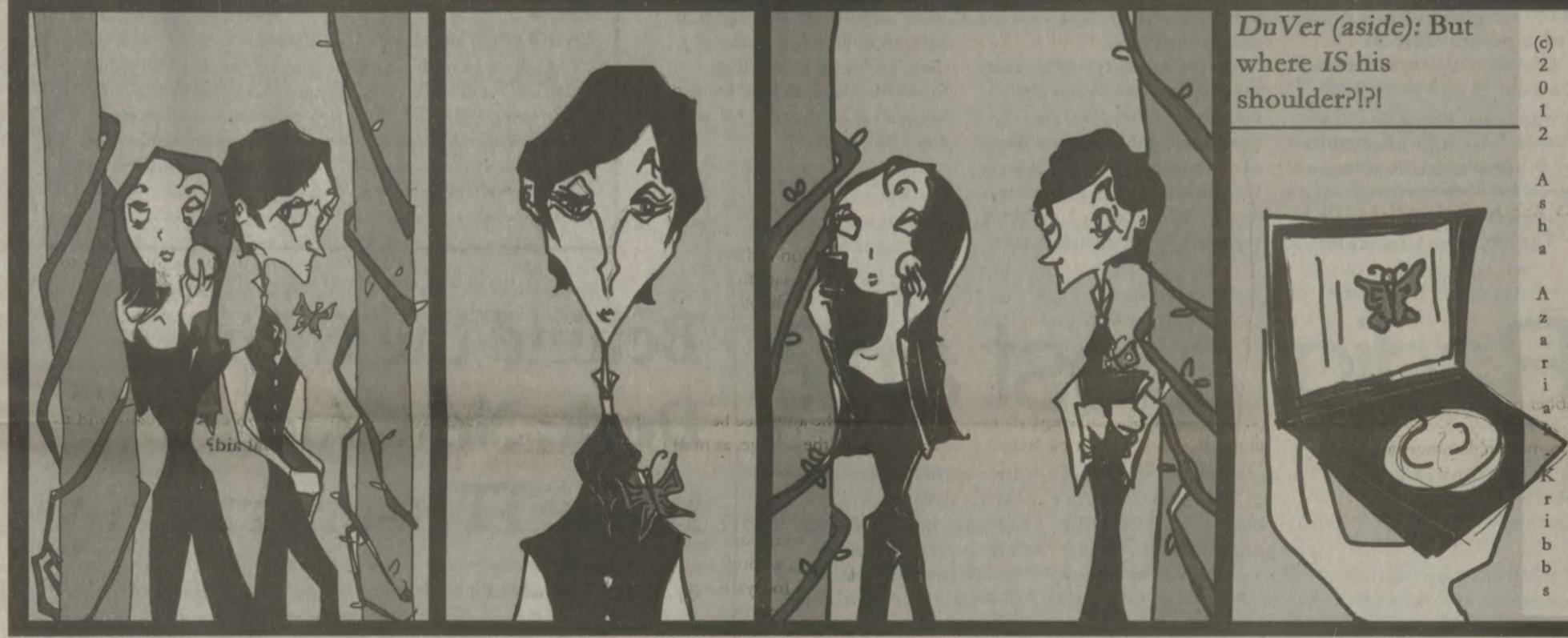
Laurey: There is no denying there are things beyond our understanding.

DuVer: So you believe in, like, ghosts?

Laurey: G-ghosts? No! Of course not! I'm a skeptic.

DuVer: Hmm. That's a cute butterfly...on your shoulder.

DuVer (aside): But where IS his shoulder?!



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Property Manager



Eric Davis Property Management

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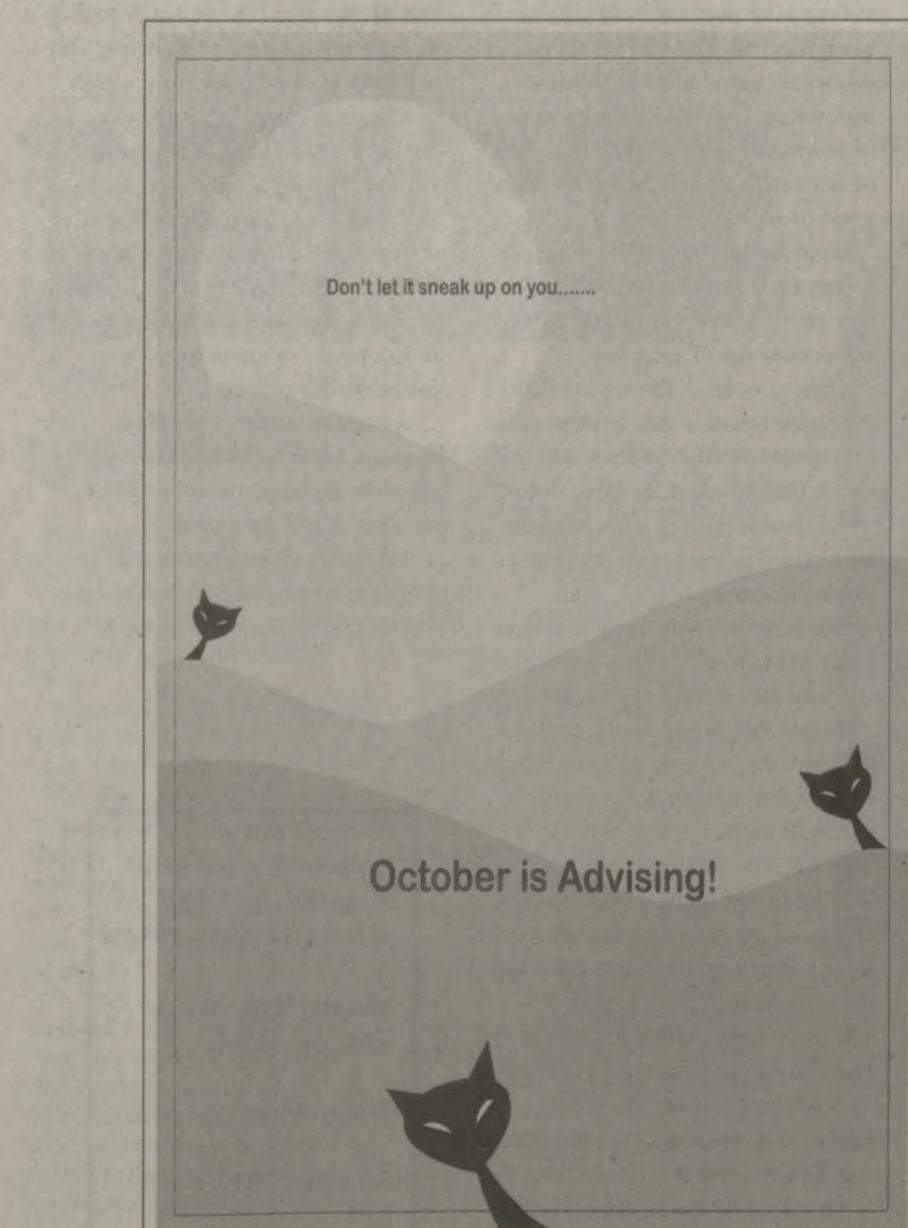
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SPECIALIZING IN STUDENT RENTALS!



Avoid caloric danger at The Commons

BY PETE HICKS
Editor-in-Chief

Everybody hears about the Freshman 15 when they get ready to go off to college, but many students disregard the warnings or weight gain and consume a feast at The Commons every day.

A quarter of college freshmen gain 5 percent of their body weight, an average of 10 pounds, during their first year of school, according to The Nutrition Journal. However, the true danger doesn't lie in the extra pounds but in the hidden health risks that come with them.

University Dietician Kate Cerulli has worked at Salisbury University for 15 years, and she said the health issues that have arisen recently are frightening to her.

"The thing that scares me a little bit is that when I started here, the main concern that students had would be regarding weight," Cerulli said. "But now I have students come to me with elevated cholesterol levels, with pre-diabetes, and those were things that I never saw in people under 20."

Obesity is a serious problem for children and young adults now, and having unlimited access to food at The Commons while simultaneously being given freedom from parental control is not helping.

The three most dangerous

types of food for SU students are sugary drinks, fried foods and desserts, Cerulli said. She recommends looking at the Cafe Express menu every week and picking out two items to eat on to avoid ending up at Gold N' Crispy at every meal.

"Any food that goes swimming through hot fat comes out on the other side a lot more calorie-dense," Cerulli said.

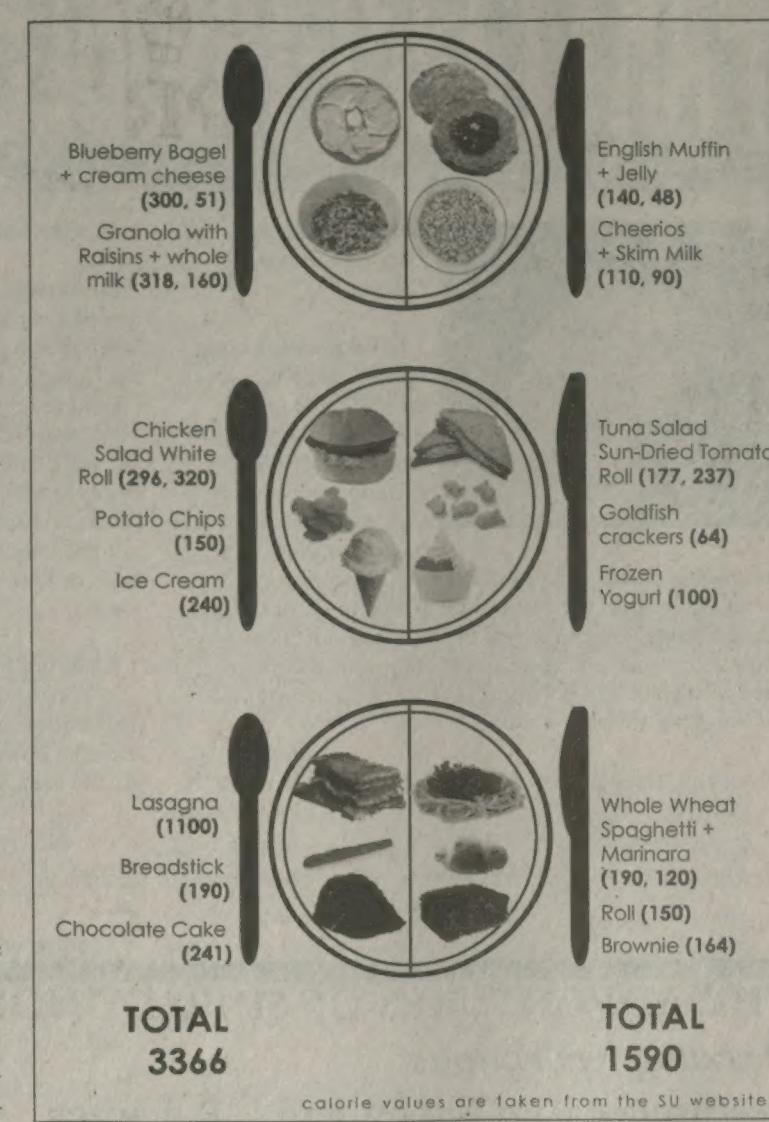
Increases in calories from alcohol, more social situations that involve eating, less physical activity and excessive sleeping all contribute to weight and health, according to the Brown University Medical School.

"We tend to blame The Commons, but you have to examine what you are doing when you're not in The Commons," Cerulli said.

The Commons usually ranks in the 90th percentile in the annual survey of the National Association of College and University Food Service, showing that The Commons is healthier than many other dining services around the country.

"There are a lot of different things going on in (The Commons) so experiment," Cerulli said. "Try different things and have an open mind because there's a lot of interesting foods out there and we try to bring a lot of them in for students to test out."

"Every day, every meal, every minute, you can change the choices that you make, and I don't even think that you have to eat healthy all of the time," Cerulli said. "If you're eating healthy 80 percent of the time, especially college students be-



calorie values are taken from the SU website

Adora Bowman Graphic

men and women ages 19 to 30. Men should consume 2,600 to 2,800 calories each day, and women should not exceed 2,000 to 2,200, according to Livestrong.com.

However, there are healthier alternatives. A second meal option totals 1,590 calories and 40.6 grams of fat. This leaves plenty of room for morning coffee, midday Cool Beans smoothies and late night snacks.

The calorie count greatly exceeds the recommended daily values for moderately active

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Unique Steampunk fashion embraces Victorian style

BY ASHA AZARIAH-KRIBBS
Staff Writer

The steampunk trend may be fringe, but it is a definite sign of the attraction 19th-century clothes holds for many.

Inspired by popular science fiction writers of the Victorian era, among them Jules Verne and H.G. Wells, steampunk encompasses an entire genre of books, music and clothing meant to express a sense of old-world adventure and durability in a modern age of science.

Steampunk consists of three divisions. The first is unmistakably inspired by the Victorian era. The second is post-apocalyptic, "somewhat like the fashion in the Mad Max movies," as Brenda Nelson writes in her March 2012 article "What is Steampunk Fashion?" The third is an old western style.

Due to its increased popularity since the release of the film "Sherlock Holmes: A Game of Shadows," as well as Alan Moore's concept of the "League of Extraordinary Gentlemen," and for its notable edge on Halloween costuming in vampire capes and top hats, this article will focus on the Victorian branch of steampunk.

The essence of Victoriana is simple and easily achieved without unreasonable expense. The basic tenants are, at a glance and for a masculine quality, long-sleeves, any pants but blue jeans, and either leather boots or an unobtrusive pointy-toed shoe. With rare exception, shoe color must be black. Accessories to the look consist of a coat, long or short - both depending on the weather - and, of course, a scarf always adds an element of Dickensian appeal. Vests add one more element of historical authenticity.

A familiar example of this offbeat style, if slightly faded, battered, and overtly eccentric, would be Tom Baker in his '70s role as the Doctor in the British "Doctor Who" series. Less over-the-top would be David Tenant

reprising the same role as the Doctor's tenth incarnation.

A more overtly feminine mode consists of the same essentials. Just add lace, and possibly a skirt. This may seem to lack edge in its simplicity but, as author of "Steampunk Archetypes" Diana Vick writes in her 2009 article "Dressing Steampunk: How to get started," accessories are the key to the look.

"Your accessories can go a long way towards conveying the steampunk mode," she wrote. Goggles are a favorite add-on, as are items "with a sinister aspect." Even an iPad, cell phone or wristwatch completes the ensemble's aim of Victorian elegance melded with shiny gears and gadgetry.

While steampunk fashion need not be expensive, there are sites where it is possible to buy a high-quality outfit made specifically in this style. "Retroscope Fashions" is an online market for the Victorian Lolita style that fits perfectly with the best of steampunk. The "Gentleman's Emporium" and "Recollections" are two other popular online stores with an eye-catching selection. And of course, Amazon.com is by no means least as a vendor of accessories.

Several annual gatherings provide steampunk lovers, aficionados and beginners alike, with an outlet for creative expression among like-minded participants. From Oct. 5-7 there is Octopodicon, a steampunk convention featuring a little of everything for everyone and advertising the attendance of colorfully named guests of honor, Professor Elemental, Dr. Grymm, Peter Pixie, and Ay-Leen the Peacemaker.

Steampunk IV, "Victorian Monsters," would be the perfect place to spend an early Halloween in gothic style. If only Seattle, Wash. were a little nearer to Salisbury. Md. But with continuing interest, who is to say steampunk's offbeat Victorian flare won't soon find an audience even on this quiet Eastern shore?

Graphic by Asha Azariah-Krubs

Another Round with Justin

BY JUSTIN ODENDHAL
Photo Editor

The fall pride of Salisbury's Evolution Brewing Co., Jacques Au Lantern, is obviously a much newer mix, but follows a similar start.

Using basic pumpkin pie spices and pumpkin mask, Evo looks to be your standard fall warmer, yet has something special.

As with all other Evolution beers, the brew master is constantly perfecting the recipes, which is easy to see in the Jacques. The mix of pumpkin pie spices is the real highlight of the beer, with the cinnamon and clove being the stars, instantly putting you at Thanksgiving dinner.

Comparing these two ale's stars at the pumpkin and ends there, with the two Eastern Shore beer stars producing sports for different audiences. Dogfish, being the older sibling of the coast, has gotten the Punkin to where anyone can pick up the pint glass and enjoy.

With deep flavors and what might be an acquired taste, the Evo Jacques Au Lantern stands out to be a stronger, almost hearty drink. Next time you walk into your favorite beer-vending establishment, the Punkin Ale has a much lighter taste, something to keep you warm throughout the chilling fall days without filling you up.

Unfortunately for the Dogfish Punkin, keeping the beer simpler doesn't work as well as it could.

Despite the taste being a strong hook to bring you in, caramel is the major flavor to hit your mouth, and after there is not much to hang on to.

Justin's Pick:

Evolution Craft Brewing
Co.'s Jacques Au Lantern

Walk because you can for ALS research

BY ASHLEY SISSELMAN
Layout & Copy Editor

gender factors linked to ALS patients.

At the Walk to Defeat ALS, participants including Mayor Jim Iretton gathered to raise money and show support to those affected. Walkers successfully surpassed the ALS Association's goal by surpassing their \$20,000 goal ending with \$22,400 for the cause.

Salisbury local Robert Ortiz was in attendance of the walk, and was the top fundraiser for the cause.

An ALS sufferer himself, Ortiz helped raise awareness with his personal story through a documentary filmed by SU alumnus Jonas Gottlieb. Mayor Jim Iretton declared Sept. 29 the official ALS Awareness day for Salisbury.

ALS causes the death of motor neurons, resulting in the inability for the brain to initiate and control muscle movement.

The Robert Packard Center for

ALS Research at Johns Hopkins

reports that about two out of

every 100,000 people are affected a year by ALS. Although rare, ALS is

extremely fatal, affecting 5,600

people in the United States every

year. The survival rate of those affected with ALS is relatively short-term.

Half of those affected live at

least two years after diagnosis, but

long-term survival is very unlikely.

ALS currently has no known

cure or treatment to prevent its

progression, so research for this

fatal disease is significantly important.

There are no ethnic, racial or

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Mooney Comes Up Big in overtime

BY GEORGE KIRIAZOGLOU

Staff Writer

The Salisbury women's soccer team hosted the Stevenson Mustangs on Wednesday at the SU soccer complex.

Both teams fought back and forth the whole game, but in the end it was senior midfielder Erin Mooney who scored off a penalty kick with 31 seconds left in overtime. This goal soared past the Mustang goalkeeper and gave the Sea Gulls the 1-0 victory.

A handball called against Stevenson resulted in a penalty kick that gave the Sea Gulls the opportunity they needed to win the game. Freshmen Victoria Luc and Julie Dannenberg both had shots blocked by the Stevenson goalie late in the second half of overtime. In a scramble to gain possession, a Mustang defender landed on the ball giving the Sea Gulls a penalty kick. Mooney positioned the ball perfectly on the left side of the net and snuck it past the Stevenson goalkeeper.

"I was a little nervous, but I focused on placing the ball on target," Mooney said. "This was a great win."

Salisbury and Stevenson both had opportunities to score, but neither team could finish in regulation. In the 19th minute of the game, sophomore goalkeeper, Michelle Conrad, almost scored from midfield on a free kick. This was an

exciting moment for the Sea Gulls, but Stevenson saved the ball.

Prior to overtime and with 10 seconds left in regulation, the Sea Gulls almost scored again. Mooney sent a free kick in front of the Mustang goal, but unfortunately the timing wasn't right and possession was handed back to Stevenson.

Goalkeeper Michelle Conrad had another shutout performance in goal and would record her fifth shutout game of the season. In her career she has tallied 10 total shutouts. In this game, Conrad had five saves and a crucial one came in the first half of overtime, in which she had to jump and punch the ball over the net; a save she has become familiar with. Stevenson had 23 shots to Salisbury's 15, but only five shots were actually on target for Stevenson.

The Sea Gulls never gave up and fought until the end of the game. This was a well-deserved win for Salisbury and surely gave them a boost of confidence heading into their next game.

"Going into overtime, the team didn't drop mentally or physically, and I was pleased with how they played," said Head Coach Jim Nestor.

The Salisbury Sea Gulls will be heading to Virginia on Saturday to take on Marymount University. On Oct. 6, Salisbury will be hosting Frostburg State University in a Capitol Atlantic Conference match that will begin at noon.



Justin Odendahl photo
The Flyer file photo.

Insanity Groups Stay Strong at Maggs Gymnasium



Amy McFarland photo
SU students and faculty participate in group Insanity workout in Maggs.

BY AMY MCFARLAND

Staff Writer

As the semester gets in full-swing and schedules get busier, it's hard for students to make the hike to University Fitness Cub to utilize the gym's workout programs. Many students have found a solution by engaging in the Insanity workout that has arrived on campus at Maggs Gym.

The workout video begins with a warm up jog, some high knees and butt-kicks and then bam! Before you know it, Insanity instructor Shaun Thompson is yelling for some sprints in place, squatting jumping jacks and push-ups.

"All about speed and power," the shirtless instructor repeats, as he and his group of sweaty participants engage in demanding cardio sets.

Along with the agonizing cardio boosting activities, stretching and balance are also emphasized in the workout. To keep muscles from tightening and cramping, the video instructs participants to stretch between many of the sets. Several 30 second water breaks are taken, allowing everyone to take a breather between the most intense parts of the workout. During the workout, it was clear that several were returning participants, while others were new to Insanity. While some students had to stop to take a small extra break, others remained diligent and fought against the urge to stop.

One of the returning participants, Colleen Costello, gave her initial reason to join the Insanity craze.

"I just wanted to get in shape and I've heard really good things about Insanity," she said. While Costello and many others have taken advantage of this opportunity, not everyone

knows how the class began at Maggs.

Dr. Michael Vienna, the Athletic Director at Maggs, described how Insanity began there.

"When we opened our University Fitness Club, we started what I then, and still believe now, is a vibrant group exercise program, but it appears that that group exercise program hits those students that live in that vicinity," Dr. Vienna said. "Our goal has been to try and introduce more group-fitness activities for those on-campus students and the faculty and staff."

Vienna noted the surprisingly large turnout that Insanity received when it was first introduced.

"We didn't send the notice out until late afternoon on the Friday before the first week it began, there really was not much advertising," Vienna said. "We had 107 people the first day, and to be honest I anticipated only 20 people."

This confirmed that there was a demand for more on-campus group fitness opportunities.

While Vienna helped introduce SU to Insanity, he gives credit to Arthur Lembo, a geography professor who was a fan of the workout and the first person to speak up about the idea. He also attributes Matthew Nien, Manager of the Facilities and Fitness Programs and Eric Price, the University Fitness Club Manager, to the program's success.

Although the Insanity group remains at large numbers of around 50 to 80 students, there's always room for more if you are thinking about taking on the challenge. The class is on Monday, Wednesday and Friday at noon and 11:15 a.m. on Tuesdays and Thursdays.

"Don't give up," said Helen Aulisio, another regular in the class. "You just have to mentally prepare yourself for it."

Lockout Puts NHL Season in the Lurch

BY COREY SZNAJDER

Staff Writer

Back in 2005, the National Hockey League had to cancel the entire season due to a lockout.

This incident was a public relations nightmare for the league and changed the way the game was played forever. Despite positive signs, such as a multi-year television deal with NBC Sports and game attendance being up in recent years, the NHL has decided to lock their players out yet again, leaving the upcoming season in jeopardy.

The root of this problem lies in the league's Collective Bargaining Agreement (CBA), which is a contractual agreement between the team owners and the players' association that dictates factors such as how much players are paid per season, how much hockey-related revenue is shared between the different team owners and determining maximum term lengths on rookie contracts.

The previous CBA expired on Sept. 15, and a new one has yet to be agreed upon, which has resulted in the NHL being in a similar spot to where they were seven years ago with the players being in lockout.

So far, all the lockout has done is cancel training camp and all

of the pre-season games, but there are some fans who fear the worst, given what happened in 2005. The NHL has shown that they aren't afraid to shut down an entire season and it's possible that they might do it again. There is still some hope as the players' association and team owners met for the first time since the lockout was announced.

Fans might be hoping for the best, but this is still going to be a long process because the two sides are so far apart on these issues. The owners of big market teams such as Toronto and Montreal may not be willing to share what they feel is "their income" with franchises like Phoenix, Florida and Columbus, who are treading water financially.

In addition, the owners are not prepared to offer the players as much as they were hoping for, as indicated by their initial proposal, which would give the player's 46 percent of the NHL's hockey-related revenue, which is down from the 57 percent they initially received and would diminish players' salaries by quite a bit.

The owners have a net worth of a billion dollars, but with the NHL making the smallest income out of the four major professional sports leagues, including the NFL, NBA and MLB, it seems that they want to be more conservative with their funds. The players, however, feel they are worth more than that and

the owners have the money to pay them. This is where opposing sides differ and the executive director of the NHL Players' Association, Donald Fehr, is going to do his best to make sure the player's get their fair share of the cut.

While this is all going on, many of the NHL's top players are signing contracts to play in leagues overseas to stay fresh for the season, whenever it may start. Some of the NHL's biggest stars including Alexander Ovechkin, of the Washington Capitals and Evgeni Malkin, of the Pittsburgh Penguins, have joined Russia's Kontinental Hockey League (KHL). Other players, including some of the NHL's finest young talents such as Ryan Nugent-Hopkins and Jeff Skinner, have been sent to their club's American Hockey League affiliates to play while the NHL gets their issues sorted out.

When we will see these players back in an NHL rink is a good question. With the season slated to begin on Oct. 11 and the owners and players' association only beginning talks now, it looks like the NHL will have a shortened season, barring a miracle within the next couple of weeks. Much like the last lockout, this leaves the fans in a helpless situation because all they can do is wait it out.

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